

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the parent application:

Listing of Claims:

Claim 1 (currently amended) A capacitor, comprising:

- (a) a first electrode, said first electrode including a surface of rugged polysilicon with a ~~maximum~~ thickness of less than 30 nm;
- (b) a dielectric on said surface; and
- (c) a second electrode on said dielectric.

Claim 4 (new) The capacitor of claim 1, wherein:

- (a) said first electrode has the shape of a cylinder portion plus a bottom portion with said surface of rugged polysilicon on both inside and outside of said cylinder portion.

Claim 5 (new) The capacitor of claim 1, wherein:

- (a) said dielectric is oxidized silicon nitride.